

DAILY PROGRAM

FRIDAY, 27.01.2017 – EMBARKATION USHUAIA



HURTIGRUTEN
MS FRAM



TEA, COFFEE & COOKIES
BUFFET DINNER

RESTAURANT TIMINGS
15:00 – 17:30
18:00 – 21:00

PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

15:00 Check-In

Check in is on deck 3 and 4.
Suites can check in on deck 7.

15:00-17:30 Medical Forms

Please deliver your medical forms to the Doctor in the lobby on deck 4.

15:00-17:30 If you would like to learn more about our voyage then why not come and meet some of the Expedition Team members in the Panorama Lounge on deck 7?

Approx. 17:30 **Mandatory Safety Drill** Please follow the instructions over the PA system. The drill will end outside, please bring a warm jacket.

MS FRAM Departs from Ushuaia around 18:00 tonight.

21:30 **Captain's Cocktails.** Our Captain Ole-Johan Andreassen would like to welcome you on board and present his officers and the Expedition Team. At the same time we'll give some information regarding our voyage, in the Panorama Lounge, deck 7.

IMPORTANT: **Daily Programs** will be delivered to your cabin each evening.

Expedition Jackets and Rubber Boots will be available for collection over the coming days.

We *may* have the opportunity to stamp your **passport** at an Antarctic base during our voyage. If you would NOT like a stamp, please see Reception, Deck 4.

Most of the time we will use our **PolarCircle boats** for landings. For organizational purposes we are going to separate you into groups of approximately 30 passengers. On deck 4 by the conference rooms, you find an overview of the groups. Have a look which group you are in.

Times can change. We would like to inform you that all stated times and activities are changeable due to weather and ice conditions, or other circumstances out of our control.

We kindly remind you to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery decks. Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames.



DAILY PROGRAM

SATURDAY, 28.01.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU

06:00 - 07:30
07:30 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 1st seating
20:00 2nd seating

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

08:30 – 09:30 Bird watching, on deck 7 aft. Our guides will be available for any questions on birds, why not join and see if you can spot an albatross?

09:30 Framheim / English
The Mighty White: Antarctica - rock hard facts by Steffen Biersack

09:30 Polhøgda / Deutsch
Vogelparadies von Miguel Rubio-Godoy

11:00 Framheim / English
Information about our optional extra activities.

11:00 Polhøgda / Deutsch
Informationen zu den optionalen Aktivitäten.

12:00 – 14:00 You are welcome to pick up your Expedition Jacket on deck 2.

In accordance with International Association of Antarctica Tour Operators (IAATO) protocols, Antarctic Treaty regulations, and Norwegian law, **the IAATO briefings are mandatory for all passengers.** Please arrange to be present if you like to land in Antarctica.

14:15 Framheim / Deutsch
Teilnahmepflichtige IAATO-Veranstaltung **Bootsgruppe 5 und 6.**

15:30 Framheim / English
Mandatory IAATO briefing **boat group 1, 2 and 3**

15:30 Polhøgda / English
Mandatory IAATO **boat group 4, 7 and 8.**

17:00 Framheim / English
Seabirds of the Southern Oceans - Masters of the Sea by Helga Kristiansen

17:00 Polhøgda / Deutsch
Antarktische Zyklen von Miguel Rubio-Godoy

18:15 & 20:00 Film:
Framheim / English:
South - Ernest Shackletons Glorious Epic of the Antarctic, 80 min, old footage.

18:15 & 20:00 Film
Polhøgda / Deutsch:
The Endurance - Verschollen im Packeis, 90 min.

Bridge visit; If you wish to visit the bridge, please sign up at the Expedition Desk. -Sign up list are divided in languages. Timings for bridge visits will be given in the daily program.

If you wish to have **dinner with some members of the expedition team** one evening during the expedition, please sign up at the Expedition Desk. An invitation with date and time will be sent to you

Please turn page.

cabin the day before. If we cannot accommodate all requests we will do a drawing of names.

Antarctica, on average, is the coldest, driest, and windiest continent, and has the highest average elevation of all the continents. Antarctica is considered a desert, with annual precipitation of only 200 mm (8 inches) along the coast and far less inland. There are no permanent human residents, but anywhere from 1,000 to 5,000 people reside throughout the year at the research stations scattered across the continent. Only cold-adapted plants and animals survive there, including penguins, seals, nematodes, tardigrades, mites, many types of algae

and other microorganisms, and tundra vegetation. Belief in the existence of a Terra Australis – a vast continent in the far south of the globe to "balance" the northern lands of Europe, Asia and North Africa – has existed since the times of Ptolemy (1st century AD), who suggested the idea to preserve the symmetry of all known landmasses in the world. Depictions of a large southern landmass were common in maps such as the early 16th century Turkish Piri Reis map. Even in the late 17th century, after explorers had found that South America and Australia were not part of the fabled "Antarctica", geographers believed that the continent was much larger than its actual size. European maps continued to show this

hypothetical land until Captain James Cook's ships, HMS Resolution and Adventure, crossed the Antarctic Circle on 17 January 1773, in December 1773 and again in January 1774.

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DAILY PROGRAM

SUNDAY, 29.01.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BUFFET

06:00 - 07:30
07:30 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00-21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Bridge visit

Meeting point elevators, deck 6

09:00 Group C English

09:30 Group D English

10:30 Group Scandinavian

11:00 Group A German

09:00 Polhøgda / *Das große*

Weiß - Antarctica's Geo-

Fakten von Steffen Biersack

From 09:00 and onwards: We will call you by your boat group to collect your "Rubber boots - Arctic Muck Boots" on deck 2 and 3. The boat group lists are to be found on the info board on deck 4. If you are on the bridge when your group is being called, you can get your boots before or afterwards. Please listen for the announcements.

You can try on a pair, and we show you down to the boot room where you can set them on the rack sorted by cabin numbers for the duration of the voyage. If you brought your

private rubber boots - please come down to deck 2 and have them placed on the rack on deck 2.

11:00 Booking deadline for extra activities, post-cruise excursions and transfers in Ushuaia and Buenos Aires.

11:00 Framheim / English
Penguins; a day in the rookery by Miguel Gironés

12:00 Polhøgda: Mandatory briefing for everyone who has signed up for kayaking.

12:30 – 14:30 Vacuuming for backpacks and other things you will bring ashore in Antarctica taken from your home continent. You are able to use the vacuum system on deck 2,3 and 5- crew is available to assist you.

Please sign the IAATO biosecurity declaration afterwards and collect your

boat group patch, which you attach to your Expedition jacket. You can do this at the vacuum station.

14:30 Framheim / English
Mandatory briefing for everyone who has signed up for PolarCircle Cruising.

14:30 Polhøgda / Deutsch
Informationsveranstaltung für alle, die sich für die Polar-Cirkel Tour angemeldet haben.

Afternoon: We hope to do a landing at Yankee Harbour

We begin our landing by calling boat group 1,2,3,4 Please listen then for the break time. After the break, we welcome groups 5,6,7,8. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear.

Please turn page.

Return time to the ship will be given ashore

21:15 Framheim/English:

Information about the landing tomorrow.

21:15 Polhøgda/Deutsch:

Informationen über unsere Anlandung Morgen.

22:00 Panorama Lounge, deck

7. We invite you to our famous FRAM - fashion show, where some of the officers and the expedition team will show a selection of the clothing we have in the onboard shop on deck 4.

A natural haven created by a one kilometre-long (0.6 mile), curved spit; **Yankee Harbour** on Greenwich Island is so well situated as to appear man-made. Named for the American sealers that frequented here in the 1820's, remnants of the era linger and a sealer's trypot can be seen on the beach. Elephant, Weddell, and fur seals are common sights on the beach and the main attraction is a terraced gentoo colony

numbering around 4000 pairs. Nearby Glacier Bluff offers a dramatic backdrop and on a clear day, one can see across the McFarlane Strait to Livingston and Half Moon islands. The gravel beach affords easy walking but can often be windy and cold. Be careful of extensive moss beds and nesting skuas and fur seals. Be sure to keep your eyes on the spit during the polarCirkel boat ride in; it is a favourite spot for elephant seals to haul out.

The **Antarctic Convergence** is the where the warmer waters of the north meet the colder, denser, less saline waters of the south. As the colder water sinks beneath the warmer, a mixing occurs that brings nutrients to the surface. Found between 40°S and

60°S, the convergence is an ever-changing frontier. It is the biological limit of the Antarctic ecosystem and anywhere south of the convergence is known as the Antarctic Ocean. While there is often a low fog in the area and an increase in

wildlife, other than using a thermometer, there is no way to know when you are crossing it; the seas do not get rougher and the water color does not change. The waters of Antarctica circle the continent in the world's biggest ocean current at an estimated rate of 150 million cubic meters per second. Once carried far into the northern oceans, the dense polar water has a cooling effect on tropical and temperate waters and is important to the oceans' balance.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

MONDAY, 30.01.2017 – BROWN BLUFF



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BUFFET

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 - 21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Early morning: We will sail into the [Antarctic Sound](#) to reach our destination Brown Bluff, where we hope to do a long landing.

08:00 PolarCircleboat Cruise group A. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

08:30 We hope to do a landing at Brown Bluff

We begin our landing by calling [Boat cruise group B and C](#), then [boat group 2 and 3](#). Please listen then for the break time. After the break, we welcome groups 4,5,6,7,8,1. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots

are mandatory footwear. Return time to the ship will be given ashore.

ca. 8:30: Kayakers group B please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

Ca 10:30 PolarCircleboat Cruise group B. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings.

Ca 12:00 PolarCircleboat Cruise group C. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings.

14:00-15:00 Vacuuming for backpacks and other things you will bring ashore in Antarctica taken from your home continent. You are able

to use the vacuum system on deck 3 & 5.

This afternoon we will shipcruise in the beautiful [Antarctic Sound](#).

16:00 Panorama Lounge Nordenskiöld with Helga Kristiansen

17:30 Framheim/English: Information about the landing tomorrow.

17:30 Polhøgda/Deutsch: Informationen über unsere Anlandung Morgen.

Information only for extra activity: [Polar Cirkel Boat Cruising](#):

Consider to cancel If you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

The descriptively named [Brown Bluff](#) lies on the coast of the Antarctic Sound at the end of the Tabarin Peninsula. Curiously, the Tabarin Peninsula was named after Operation Tabarin, the British Naval expedition to establish territory on the Antarctic Peninsula. Adélie penguins, gentoo penguins, kelp gulls, and Cape petrels all breed here under an ominous, 745 metre-high (2450 feet) cliff. An even, stony beach with many rocky breaks often offers easy landings. Later in the season, there are so many Adélies lounging on the beach that it may be impossible to land without disturbing them. Be aware that your landing site may change over the course of landing operations due to tides. Make sure to look for leopard seals patrolling the water off the beach. Experienced staff will tell you that the best way to experience an Adélie rookery is to sit quietly and just observe nature's greatest comedians at work., kelp gulls, blue-eyed shags also may be seen, but breeding is not confirmed.

The [Antarctic Sound](#) lies between the very tip of the Antarctic Peninsula and D'Urville, Joinville, and Dundee Islands. The sound was not named for its location but rather for the ship Antarctic

during Otto Nordenskjöld's 1903 Swedish South Polar Expedition, captained by Norwegian legend Carl Anton Larsen. Huge tabular icebergs from the ice shelves in the Weddell Sea are brought here in the Weddell's gyre-like currents. Known as "Iceberg Alley" by expedition staff, it is an astonishing assortment of floating ice both large and small. Although the 48 kilometre-long (30 mile) sound is often difficult to penetrate, it offers the most impressive array of ice that we are likely to see on our journey. The area is home to a high concentration of Adélie penguins with estimates as high as 500 000 nesting pairs. Emperor penguins are an extremely rare sight in the Antarctic Peninsula area. If you do see one, it will likely be floating by you on an ice floe in the Antarctic Sound.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 31.01.2017 – WHALERS BAY & TELEFON BAY



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU, seating by boatgroups

06:00 - 07:00
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:30 1st seating, boatgroup
4,5,6,7, free seating

20:15 2nd seating boatgroup
8,1,2,3, free seating

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Ca.07:15: We are entering
Neptuns Below

08:00 Geology PolarCircleboat
Cruise group A. Please meet
on deck 2 to dress in the
regatta suits. Please listen to
the announcements for exact
timings. You will go ashore for
the landing after the cruise,
you will then be called
specially.

08:30 We hope to do a landing
at Whalers Bay

We begin our landing by
calling Geology Polar
Circleboat cruise group B,
followed by boat group 3,4,5.
Please listen then for the
break time. After the break, we
welcome groups 6,7,8,1,2.
Listen carefully for the
announcements for your group
to be called. Please do not

approach deck 2 until your
group is called. Rubber boots
are mandatory footwear.
Return time to the ship will be
given ashore.

Ca 10:30 Geology
PolarCircleboat Cruise group
B. Please meet on deck 2 to
dress in the regatta suits.
Please listen to the
announcements for exact
timings.

Afternoon: We hope to do a
landing at Telefon Bay

By arrival in Telefon Bay.
PolarCircleboat Cruise group
C. Please meet on deck 2 to
dress in the regatta suits.
Please listen to the
announcements for exact
timings. You will go ashore for
the landing after the cruise,
you will then be called
specially.

We begin our landing by
calling boat group 4,5,6,7.
Please listen then for the
break time. After the break, we
welcome groups 8,1,2,3.
Listen carefully for the
announcements for your group
to be called. Please do not
approach deck 2 until your
group is called. Rubber boots
are mandatory footwear.
Return time to the ship will be
given ashore

From 14:00 Film
Framheim/English:
Penguins Spy in the huddle,
episode 1, The Journey, 60
min. Shown on repeat until
18:30

Ab 14:00 Film
Polhøgda/German:
Wale, Die Giganten der
Meere, 40 min Shown on
repeat until 18:30.

19:45 Framheim/English:

Information about the landing tomorrow.

19:45 Polhøgda/Deutsch:

Informationen über unsere Anlandung Morgen.

22:00 Today we would like to invite you for a [Fruit and Ice carving show](#) with our galley crew in the Panorama Lounge on Deck 7.

Information only for extra activity: [Geology Polar Cirkel Boat Cruising](#):

Consider to cancel if you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

A portion of the wall of the volcanic caldera of [Deception Island](#) has collapsed, flooding the interior and creating an amazing natural harbour known as Port Foster. Access to the interior is through the 200 metre-wide (660 feet) entrance known as Neptune's Bellows. There is a rock in the middle just under the water and the area to one side is foul. Therefore the ship will have merely 100 metres (330 feet) with which to navigate. Once safely through the Bellows, Whalers Bay will

begin to appear off the starboard side of the ship.

[Whalers Bay](#) was home to factory whaling ships as early as 1905 and a shore station named Hektor from 1912-1931 as well as British Base B built in 1941. Both the base and station were finally destroyed by a mudslide during the 1967-69 eruption along with a Chilean base farther down Port Foster in Pendulum Cove. Today there are two stations in operation, Spain's Gabriel de Castilla and Argentina's Decepción.

[Telefon Bay](#) on the northwestern side of Port Foster is named for a salvage vessel that moored here in 1909, awaiting repairs. From a wide, flat beach, a black ash apron slopes gently upward and inland for about 985 feet (300 meters) to the steep face of the cinder-covered volcanic glacier and a crater from one of Deception's recent eruptions. The rising slope of the black, cinder-covered volcanic rim can be walked uphill to spectacular view point.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

WEDNESDAY, 01.02.2017 – WILHELMINA BAY & CUVERVILLE



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BUFFET

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 - 21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

From approx. 07:30 We will arrive at **Wilhelmina Bay** where we hope to see more whales! We will do shipcruising with MV Fram

11:00 Framheim: Mandatory briefing for everyone who has signed up for camping. Also passengers on the waiting list should be present at the meeting

Afternoon: We hope to do a landing at **Cuverville Island**.

On arrival in Cuverville Island: **PolarCirkelboat Cruise group D.** Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

We begin our landing by calling **Boat cruise E, campers A and then boat group 5,6.** Please listen then for the break time. After the break, we welcome groups 7,8,1,2,3,4. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

Kayakers group B please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

PolarCirkelboat Cruise group E please listen to the announcements for you to be called. Please meet on deck 2 to dress in the regatta suits. You will do your normal landing before the cruise starts.

From 15:00 Film **Framheim/English:** *Frozen planet, episode 1, The Poles*, 50 min. Shown on repeat until 19:00

Ab 15:00 Film **Polhøgda/German:** *Eisige Welten, Episode 1 Die Pole der Erde*, 50 min Shown on repeat until 19:00.

Evening / Campers: We hope to arrange a camp at **Danco Island**. Kindly listen to the announcement for when to go ashore. Please eat your dinner at 18:00.

21:00 Framheim/English: Information about the landing tomorrow.

21:00 Polhøgda/Deutsch: Informationen über unsere Anlandung Morgen.

Information only for extra activity: [Polar Cirkel Boat Cruising](#):

Consider to cancel if you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

[Wilhelmina Bay](#): The mountains and high glacier walls of the Antarctic Peninsula around Wilhelmina Bay ensure that there is plenty of dramatic scenery, interesting ice in the water, and the possibility of witnessing a calving. Enterprise Island in Wilhelmina Bay has the partially submerged wreck of the whaling ship *Governøren* near Foyen Harbour. The 3433 ton ship caught fire in 1915 and was run aground in order to rescue men and supplies. There were no fatalities. The bay is a choice feeding place for whales and therefore was a choice hunting ground for whalers. As Shackleton was marching his men across the ice of the Weddell Sea, his final destination was to be Wilhelmina Bay where he anticipated whalers could be found for rescue. As well as the possibility of whales, Weddell, crabeater, and leopard seals can be found here and Antarctic terns nest on some of the bare cliff faces.

The [Errera Channel](#) is a scenic, narrow waterway between Rongé Island and the Arctowski Peninsula on the mainland. It was discovered by the Belgica expedition and named for Professor Léo Errera of the University of Brussels, a benefactor of the voyage. Errera is home to Danco and Cuverville Islands.

[Cuverville Island](#) supports one of the largest known gentoo penguin colonies. This can be apparent from miles away given the right wind direction. Early in the season, snow cover impedes but doesn't stop penguins accessing their nests and an intricate network of "penguin highways" is carved into the snow. The shallow waters between Cuverville and Rongé islands often trap and ground icebergs. This makes for superb ship-cruising through the channel. Up from the rookery at Cuverville, steep cliffs lead to the island top. These cliffs should be avoided so as not to damage the mosses and lichens that grow there. The cliffs are also home to skuas that are vigorous in defending their well-hidden nests.

[Danco](#) is a one-mile (1.6km) long island lies in the southern part of the Errera Channel, off the western coast of Graham Land. Danco Island was first chartered by Gerlache and is named for the geophysicist who died during the Belgica expedition of 1897-99. Gentoo penguins are confirmed breeders and there is a minimum breeding population of approximately 1700 pairs. Snow algae may bloom. Snowy sheathbills, kelp gulls, blue-eyed shags also may be

seen, but breeding is not confirmed.

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DAILY PROGRAM



THURSDAY, 02.02.2017 – LEMAIRE CHANNEL & VERNADSKY STATION



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BUFFET

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 - 21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Morning: We will try to go through the scenic Lemaire Channel. Recommendation is to stay on the outer decks when we sail through this scenic channel.

On arrival in Vernadsky:
PolarCirkelboat Cruise group F. Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

Afternoon: We hope to do a landing at Vernadsky station

We begin our landing by **calling Polar Cirkel boat cruisers G, followed by boat group 7,8,1.** Please listen then for the break time. After the break, we welcome groups 2,3,4,5,6. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear.

Return time to the ship will be given ashore.

Kayakers group D please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

21:00 Framheim/English: Information about the landing tomorrow.

21:00 Polhøgda/Deutsch: Informationen über unsere Anlandung Morgen.

21:45 Panorama Lounge Nordenskiöld with Helga Kristiansen

The region where we will be cruising tomorrow morning was extensively explored by the Frenchman Jean-Baptiste Etienne Auguste Charcot in 1908-1910. He explored more than 1990 km (1240 miles) of previously unknown coastline. During his

first expedition aboard the vessel Français in 1903-1905 he discovered Port Lockroy and Booth Island.

At the northern end of the Lemaire Channel are two tall, rounded, and often snowcapped peaks at **Cape Renard:** Una's Peaks, also known to Antarcticans as Una's Tits. They were so named by members of the Falkland Islands Dependencies Survey (today's British Antarctic Survey) in honor of a secretary in the Governor's Office in Stanley, capital of the Falkland Islands. She was the last woman they would see before sailing south.

The **Lemaire Channel** was first sighted by Eduard Dallman in 1873 and then charted and traversed by Adrien de Gerlache in 1898. He named it for Charles Lemaire, a fellow Belgian who explored the Congo for King Leopold III. Given the right

weather, this eleven kilometre-long (seven mile) and 1.6 kilometre-wide (one mile) channel can be strikingly beautiful. The steep cliffs and glaciers of Booth Island to one side mirror the opposite shores of the Antarctic Peninsula. When protected from the wind, the clear waters offer an extraordinary reflection of the mountains in the water; there can appear to be four different sets nudging each other. So many camera clicks can be heard during a traverse of the Lemaire Channel that it is known by expedition staff as the “Kodak Crack”. Navigation of the channel is dependent upon ice conditions but one doesn’t need to travel all the way down to experience its beauty.

[Vernadsky](#); In 1947 the British built Wordie House, or Base ‘F’ on Winter Island in the Argentine Islands on the site of a hut built by the earlier British Graham Land Expedition. In 1954 they closed the base and began building what would become the modern station of Faraday on nearby Galindez Island. The men at Faraday Station co-discovered the Antarctic ozone hole along with Halley Station in the Weddell Sea. Despite their hard work, base staff still found time to build the nicest pub south of 60°, complete with pool table and dart board. In 1996, the British gave Faraday to the newly independent Ukraine who renamed the station Vernadsky. The Ukrainians have been diligent in keeping the British traditions and memorabilia alive including the upkeep of the original base on Winter Island. Visitors to Vernadsky are given a tour of the facilities and offered locally made vodka at the station pub. Souvenirs of T-shirts and postcards may be available and Ukraine is one of the few non-

claimant nations to offer a postal service.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

FRIDAY, 03.02.2017 – DETAILLE ISLAND



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE	06:00 - 07:30	BISTRO, DECK 4
BREAKFAST BUFFET	07:00 - 09:30	RESTAURANT, DECK 4
LUNCH BUFFET	12:00 - 14:30	RESTAURANT, DECK 4
TEA TIME	15:30 - 17:00	PANORAMA LOUNGE, DECK 7
DINNER MENU, seating by boatgroups	18:00 1 st seating, boatgroup, 8,1,2,3, free seating	RESTAURANT, DECK 4
	20:00 2 nd seating boatgroup, 4,5,6,7, free seating	

We are going to be true explorers! Please listen carefully to the announcements for activities. It is difficult to estimate landing places and even arrival times for this area as everything depends on weather, wind and ice conditions! Keep in mind: Flexibility is a key word for our operation in this area

09:00 Framheim / English

20 years living and working in Antarctica by Rachel Morgan

09:00 Polhøgda / Deutsch

Pinguine; seltsame Vögel aus Gondwana von Miguel Rubio-Godoy

10:30 Framheim / English with German translation

20 years living and working in Antarctica by Rachel Morgan

10:30 Polhøgda / Deutsch

Ice - Portrait of a Surprising Material by Steffen Biersack

11:30 We hope King Neptun will come. Meet us outside for the Antarctic Circle baptism on deck 5

12:15 Framheim

If you haven't been to our Safety briefing for Polar Cirkel Boat cruising yet, please come to our meeting, if you would like to go cruising. It is still possible to sign up for Polar Cirkel Boat cruising.

On arrival at Detaille Island PolarCirkelboat Cruise group H. Please meet on deck 2 to

dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

Afternoon: We hope to do a landing at Detaille Island.

We begin our landing by calling boat group 8,1,2,3. Please listen then for the break time. After the break, we welcome groups 4,5,6,7. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your

Antarctic Circle 66°33 S 66°40 W
Detaille Island 66°52 S 66°47 W

group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

From 14:00 Film
Framheim/English:

Penguins Spy in the huddle, episode 2, First steps, 60 min.
Shown on repeat until 18:30

Ab 14:00 Film
Polhøgda/German:

Eis und Meer, Polar und Meeresforschung am Alfred-Wegener-Institut, 30 min
Shown on repeat until 18:30.

19:30 Framheim/English:
Information about the landing tomorrow.

19:30 Polhøgda/Deutsch:
Informationen über unsere Anlandung Morgen.

22:00 Today we would like to invite you to learn more about [Ropes & Knots](#) with our ABs and the Chief Officer. Meet us in the Panorama Lounge on Deck 7.

Information only for extra activity: [Polar Cirkel Boat Cruising](#):

Consider to cancel if you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

The [Antarctic Circle](#) is one of the five major circles of latitude that mark maps of the Earth. It lies at latitude 66° 33' 40" south of the equator. The area south of the Antarctic Circle is known as the Antarctic, and the zone immediately to the north is called the Southern Temperate Zone. The equivalent line of latitude in the northern hemisphere is the Arctic Circle. Along the Antarctic Circle there is one day each year during which the sun does not set, about December 22 (the summer solstice, first day of summer in the Southern Hemisphere). Similarly, the sun does not rise above the horizon on approximately June 21 (the winter solstice). The number of days without sunset or sunrise increases with proximity to the South Pole. At the Pole there are six months of continuous darkness (about March 21 to September 23) followed by six months of daylight (September 23 to March 21).

One has to admit- the Britons were not too imaginative when it comes to naming their stations! Here on [Detaille Island](#) we find the former Station W, in operation from February 21st, 1956 until March 31st, 1959. The reason that the bases were designated by letters is that when the base building was brought South on the ship, although the region the base would be placed was known, the exact location was not. The personnel at Detaille Island carried out surveying, geology, and meteorology. But unreliable sea ice rendered the base not entirely suitable and it was evacuated after only three years. The activities were transferred to Base 'Y' on Horseshoe Island.

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DAILY PROGRAM

SATURDAY, 04.02.2017 – HORSESHOE ISLAND



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER BUFFET

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 - 21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

We are going to be true explorers! Please listen carefully to the announcements for activities. It is difficult to estimate landing places and even arrival times for this area as everything depends on weather, wind and ice conditions! Keep in mind: Flexibility is a key word for our operation in this area.

09:30 Framheim / English
Web of Life from Kristin Heggland

09:30 Polhøgda / Deutsch
Eis – Portrait eines erstaunlichen Materials

11:00 Framheim / English
Top predators off the Antarctic shores by Miguel Rodríguez-Gironés

11:00 Polhøgda / Deutsch

Warm bleiben; Anpassungen fürs Leben im Kühlschranks
von Miguel Rubio-Godoy

Afternoon: We hope to do a landing at Horseshoe Island.

At Horseshoe Island they have reopened the **post office** after 57 years. They only sell stamps, no postcards. You will have to get your postcards from our ships shop. 1 stamp costs 1\$ (or 1Euro or 1£). US cash, exact change is preferred. British pounds and euros will also be accepted. We will also stamp the passports.

We begin our landing by calling the **Hikers** and **Campers** first, then **boat group 1,2,3,4**. Please listen then for the break time. After the break, we welcome groups 5,6,7,8. Listen carefully for the announcements for your group

to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

From 14:00 Film
Framheim/English:
Penguins Spy in the huddle, episode 3, Growing up, 60 min. Shown on repeat until 18:30

Ab 14:00 Film
Polhøgda/German:
Meet the real penguins, 50 min Shown on repeat until 18:30. (German soundtrack)

Evening / Campers group B:
We hope to arrange a camp this evening. Kindly listen to the announcement for when to go ashore. Please eat your dinner at 18:00.

Horseshoe Island
67°50 S 67°12 W

21:30 Today we would like to invite you to join our [expedition photographer Ashley](#) to talk about how to take great shots in the Polar environment. Be sure to bring your camera and if you like bring the best picture you have taken so far so we can see your great shots. Meet us in the Panorama Lounge on Deck 7.

Well below the Antarctic Circle, the [Marguerite Bay](#) was discovered by Charcot on his 1909 French Antarctic Expedition and named for his second wife. When Charcot married Marguerite in 1907, he secured from her the promise that she would never object to any of his future dreams of Antarctic exploration. She later joined him – at least until Punta Arenas in Chile.

This extensive bay is situated on the west side of the Antarctic Peninsula which is bounded on the north by Adelaide Island and on the south by Wordie Ice Shelf, George VI Sound and Alexander Island. Islands within the bay include Porquoi

Pas Island, Horseshoe Island and Lagotellie Island.

[Horseshoe Island](#); occupies most of the entrance of Square Bay, on the west coast of Graham Land. It was discovered and named descriptively in 1936-37. Horseshoe Island (Base Y) is an important example of a mostly unaltered and fully equipped British scientific research station of the 1950s. It was established in March 1955 by the Falkland Islands Dependencies Survey as Base Y, and was closed in August 1960. Scientific research carried out at the station was topographic survey, geology and meteorology. Extensive survey trips, often covering hundreds of miles and lasting several months, were undertaken from the station using dog sledges. The normal occupancy of the station was 4 to 10 people. The site consists of the original main building (which was extended in 1956 to include a sledge workshop and extra bunk space) a balloon shed, dog pens and an emergency store. Inside, the

station contains almost all of its original contents, fixtures and fittings, including kitchen utensils, stocks of food and fuel, workshop tools, radio equipment and a diesel generator. The excellent condition and completeness of both the buildings and artefacts are of considerable historical significance as together they provide a very special "time-capsule" of British life and science in the Antarctic during the late 1950s.

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DAILY PROGRAM



HURTIGRUTEN
MS FRAM

SUNDAY, 05.02.2017 – STONINGTON



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
WAFFLES
DINNER MENU

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 1st seating
20:00 2nd seating

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

We are going to be true explorers! Please listen carefully to the announcements for activities.

It is difficult to estimate landing places and even arrival times for this area as everything depends on weather, wind and ice conditions! Keep in mind: Flexibility is a key word for our operation in this area.

Approx. 11:00: We hope to do a landing at Stonington. Swimming is possible here. We will bring the towels.

We begin our landing by calling boat group 2,3,4,5. Please listen then for the break time. After the break, we welcome groups 6,7,8,1. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots

are mandatory footwear. Return time to the ship will be given ashore.

Kayakers group E please listen to the announcements for you to be called. We meet outside Polhøgda conference room.

Stonington; Named after the home port of Connecticut sealer Nathaniel Palmer, Stonington Island is a rocky island off the west coast of Graham Land at the eastern part of Marguerite Bay. Two abandoned stations, some 200m apart, are rarely seen by tourists, but they do get occasional visitors from Rothera and San Martin stations. The UK's Base E, established in 1945-46 and used until 1975, consists of two wooden huts and some dog pens. The larger two story

hut served as sleeping quarters, while the smaller one was a generator shed. A cross on the point commemorates two Britons who died while waiting out a bad storm in a snow-hole during a field trip in 1966. East Base was built during Richard Byrd's third Antarctica expedition, the US Antarctic Service Expedition of 1939-41. The US government funded a historic preservation program at East Base in 1990-91. A small display of artefacts has been set up in one of the three base buildings, marked as a museum.

We would like to inform you that all stated times and activities are changeable due to weather conditions, or other circumstances out of our control. We kindly remind you to take care walking around on the ship while at sea.

Stonington
68°10 S 67°00 W

Especially venturing out on deck, mind the signs for warning of wet and slippery.

Be aware the doors toward the outer decks on 4, 5, 7 and 8 can be potentially dangerous

in windy conditions. While walking inside, hold on to railings but not in door frames.

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

Monday, 06.02.2017 – THE GULLET



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEATIME
DINNER BUFFET

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 - 21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
BBQ dinner on deck 7

Exploring goes on! Due to the icy nature of this passage, it is impossible to predict timings. Please listen carefully to the announcements for activities. What makes our morning destination so incredibly beautiful, is at the same time the reason for its unpredictability. We expect to travel through enormous amounts of sea ice and icebergs, and so we cannot give you a precise schedule here.

Morning: We will be cruising with FRAM at The Gullet, a precariously narrow passage north of Marguerite Bay. According to the last ice chart it is highly unlikely to go through the strait; however, we

will get as close as we can, and – if ever possible – give it an honest try. So be prepared to spend all morning outside and have your camera batteries charged!

If we find a suitable area we will launch the small boats and start a [boat cruising for everyone, starting with boat group 3](#). Please listen for the announcements.

[The Gullet](#) is a narrow channel that separates Adelaide Island from the west coast of Graham Land. The twisting channels somehow resemble a digestive tract and are full of ice most of the year. It separates Hansen and Day Islands, and connects the

heads of Hanusse Bay and the Laubeuf Fjord. It was first explored by Charcot.

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The Gullet
67°12 S 67°20 W

DAILY PROGRAM



HURTIGRUTEN
MS FRAM

TUESDAY, 07.02.2017 – PORT LOCKROY



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
FILIPINO BUFFET

06:00 - 07:30
07:00 - 09:30
11:30 - 14:00
15:30 - 17:00
18:00 - 21:00

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

09:00 Framheim / English
Staying warm; adaptations to life in the freezer by Miguel Rubio-Godoy

09:00 Polhøgda / Deutsch
Wie man gut ankommt: Die Prinzipien der Navigation von Steffen Biersack

10:30 Framheim / English
Who owns Antarctica and the Antarctic treaty by Robert Rowland

10:30 Polhøgda / (English with German translation)
Top predators off the Antarctic shores by Miguel Rodríguez-Gironés

Ca 13:00 We hope to do a landing at Port Lockroy.

On arrival in Port Lockroy: PolarCirkelboat Cruise group i.

Please meet on deck 2 to dress in the regatta suits. Please listen to the announcements for exact timings. You will go ashore for the landing after the cruise, you will then be called specially.

We begin our landing by calling Polar Cirkel Boat cruisers group J, then boat group 4. Due to the fact the island is so small; we can only have 60 guests ashore at the same time. Please listen for the break time. After the break, we welcome groups 5,6,7,8,1,2,3. Listen carefully for the announcements for your group to be called. Please do not approach deck 2 until your group is called. Rubber boots are mandatory footwear. Return time to the ship will be given ashore.

Kayakers group F please listen to the announcements for you to be called. We meet

outside Polhøgda conference room.

Ca 15:00 PolarCirkelboat Cruise group J please listen to the announcements for you to be called. Please meet on deck 2 to dress in the regatta suits. You will do your normal landing before the cruise starts.

21:00 Panorama Lounge
We would like to invite all our happy campers this trip for a gathering in the Panorama Lounge.

22:00 Today we would like to invite you for our **Crewshow** in the Panorama Lounge on Deck 7.

Information only for extra activity: **Polar Cirkel Boat Cruising:**

Consider to cancel If you have hip- or back problems, it might get bumpy!

You might get wet as the suits are not 100% waterproof!

Under the suit we recommend to wear 1 or 2 layers (long woollen underwear and a fleece).

Please take with you: sun blocker, scarf, hat and gloves.

Protect your camera and binoculars of spray water (backpack or waterproof bag).

Port Lockroy: during Operation Tabarin in 1944, the British set up two bases in the Peninsula area to establish a permanent presence in the Antarctic. They set up Base 'A' at Port Lockroy, a known safe anchorage. Base 'B', was established at Whalers Bay, Deception Island. The base at Port Lockroy was operational until 1962 and then fell into disrepair. Since its restoration in 1996 by the Antarctic Heritage Trust (AHT), Base 'A' on Goudier Island at Port Lockroy has become one of the most visited sites in Antarctica. It now operates as a museum, kept as it was in the 1950s, as well as a post office and souvenir shop with all proceeds going to the AHT, a non-profit organization dedicated to conserving this and other historical huts in Antarctica.

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in windy conditions. While walking inside, hold on to railings but not in door frames.

DAILY PROGRAM

WEDNESDAY, 08.02.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
WAFFLES
DINNER MENU

06:00 - 07:30
07:30 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 1st seating
20:00 2nd seating

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4

Bridge visit

Meeting point elevators, deck 6
11:00 Group E
11:30 Group F
17:30 Group B

09:30 Framheim / English
Antarctic cycles by Miguel Rubio-Godoy

09:30 Polhøgda / German
Kein Tsunami in Antarctica: (Beinahe) alles über Wellen von Steffen Biersack

10:30 – 12:30 Expedition desk, deck 4: Return of the boat group patches, which you had on your Expedition Jacket. If you would like to keep your patch as a souvenir you may, and a charge will be added to your account (99 Nok).

14:30 Framheim / English
Jostling for control on the Antarctic Peninsula by Rachel Morgan

14:30 Polhøgda / English with German translation
My life in Svalbard - the art of living by Helga Kristiansen

16:00 Framheim / English
How to get there: The principles of navigation by Steffen Biersack

16:00 Polhøgda / German
Die Erforschung der Terra Australis; von Captain Cook an bis heute von Miguel Rubio-Godoy

22:00 Today we would like to invite you for a **Question and Answer** round some of MV Fram's officers in the Panorama Lounge on Deck 7.

Human eyes did not see Antarctica until 1820 yet it had been known to exist since the time of Aristotle. Although it has been on our maps and charts and satellite photos for less than two hundred years, it survived in our imaginations for two thousand years before that. Among all the mythical and magical places of the world Atlantis, El Dorado, the Fountain of Youth - Antarctica is the only one we have found so far. Its very existence is proof of magic. The history of Antarctica is however one of resource rape; first the seals and then the whales. Will there be a third era? We encourage you to keep Antarctica a part of your life always. The people who visit Antarctica may be the continent's best hope for its pristine survival, as they become advocates and emissaries.

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to take care walking around on the ship while at sea. Especially venturing out on deck, mind the signs for warning of wet and slippery. Be aware the doors toward the

outer decks on 4, 5, 7 and 8 can be potentially dangerous in windy conditions. While walking inside, hold on to railings but not in door frames



DAILY PROGRAM

THURSDAY, 09.02.2017 – AT SEA



HURTIGRUTEN
MS FRAM



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET
LUNCH BUFFET
TEA TIME
DINNER MENU
DINNER MENU

06:00 - 07:30
07:00 - 09:30
12:00 - 14:30
15:30 - 17:00
18:00 1st seating
20:00 2nd seating

BISTRO, DECK 4
RESTAURANT, DECK 4
RESTAURANT, DECK 4
PANORAMA LOUNGE, DECK 7
RESTAURANT, DECK 4
RESTAURANT, DECK 4

09:30 Framheim / English

Exploring Terra Australis; from Captain Cook to our days by Miguel Rubio-Godoy

09:30 Polhøgda / English with German translation

Who owns Antarctica and the Antarctic treaty by Robert Rowland

11:00 Panoram Lounge.

Captains farewell cocktail in Panorama Lounge deck 7: Captain would like to take the Opportunity to thank you for travelling with us, and invite you for a cocktail in the bar. Welcome!

Afterwards we have the MV Fram Charity Auction! The auction supports the Hurtigruten Foundation.

Afterwards we present the [MV Fram Charity Auction!](#) The auction supports the

Hurtigruten Foundation, lots include a chart of this voyage, and the flag of the ship.

14:30 Panorama lounge:
Recap with the Expedition Team

From 19:30 In Framheim hall there is a continuous slide presentation of Ashley pictures of this expedition! If you are interested, you can order the DVD at the reception until 22:00hours!

You have received a tipping form in your cabin, if you wish to give gratuities to your excellent crew, please fill it out and deliver the form to reception.

Kindly note that the first bill that you receive is a preliminary one, for you to check. Cruise accounts will be settled after 22:00 with the credit card information given,

you will be charged automatically and a receipt is send to your email address. After 22:00 you can pay cash or with your credit card

Please ensure to read the disembarkation information printed and distributed to your cabin. The flight and transfer lists are posted on the information board near Reception. Any questions with regard to disembarkation, please contact the expedition desk.

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walking inside, hold on to railings but not in door frames.



HURTIGRUTEN
MS FRAM

DAILY PROGRAM

FRIDAY, 10.02.2017 – USHUAIA



OVERVIEW OF RESTAURANT TIMINGS

EARLY BIRD SELF SERVICE
BREAKFAST BUFFET

06:00 - 07:00

06:30 - 08:30

BISTRO, DECK 4
RESTAURANT, DECK 4

If you have purchased the Photo DVD from the expedition photographer Ashley, you can pick it up in reception before disembarkation.

The Captain and Crew of MS Fram bid you farewell and a safe journey home. Remember to follow the journeys of FRAM on Facebook.

Find the daily programs, the biographies of our Expedition Team, the chart of the trip, the group picture and much more here:

<https://www.hurtigruten.com/practical-information/voyage-portfolio/antarctic-circle-expedition-25-jan/#.WJsHG-LTmE>

Facebook:
<https://www.facebook.com/pages/MS-Fram>